



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Ambrosia \*

#### Recipe Summary:

Preparation Time: 10 minutes

Number of Servings: 4

#### Ingredients:

16 oz. container low fat or fat free sour cream  
1 large can pineapple tidbits  
1 large or 2 small cans mandarin oranges  
1 large and 1 small bottle of maraschino cherries  
1 ½ cups mini marshmallows (or colorful characters)  
¼ - ½ cup coconut (optional)  
½ cup bittersweet chocolate chips (optional)

16 oz. container low fat or fat free sour cream  
1 large can pineapple tidbits

#### Directions:

Drain pineapple, oranges and cherries of liquid.  
Reserve several cherries for garnish.  
Mix all ingredients together.  
Place in a container and garnish with cherries.  
Refrigerate. (This is best made the night before so that  
The marshmallows can soak up any excess liquid.)

#### Nutritionist Notes:

- Recipe may be high in sugar, depending on type of pineapple used, amount of maraschino cherries, amount of mini marshmallows.
- Recipe may be high in fat, depending on amount of coconut, bittersweet chocolate chips, and sour cream.
- May want to use pineapple canned in its own juice, reduce amount of maraschino cherries to 1 small container, and reduce amount of mini marshmallows to ¾ cup to decrease amount of sugar.
- May want to use 1/8 to ¼ cup coconut, reduce chocolate chips to ¼ cup or remove, and use fat-free plain yogurt instead of sour cream.